

Christmas Cup Cakes(Healthy Version)

Yield: 18 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-yogurt-parfait-recipe>

Ingredients:

- 1 cup yogurt Thick, Preferably Greek
- 3 tablespoons honey
- 5 drops vanilla essence Optional. I didn't use
- green food color
- 3/4 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup honey + little extra to drizzle over the frosting
- 2 eggs
- 1/2 cup milk
- 6 drops vanilla essence
- 1/3 cup olive oil

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 25 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 70 milligrams
9. Sugar: 12 grams

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